

# Determined Steps, Inspired Thoughts

When it comes to overall health – emotional, social, spiritual, and physical – there's no human action more beautifully simple than walking. Most of us don't think of it now – we just do it, to take out the trash, go to the refrigerator, move around the office, or get from one conveyance to the next.

Yet if you stop and consider an infant's first steps – what an event, worthy of videotapes and complete rolls of film. The child and unwitting visitors are subjected to repeat performances of "you've got to see the baby walk!" The first steps are equaled only by the first word – after that, it's pretty much childhood as usual. But for the infant, the ability to walk is much more important. Standing upright gives a whole new view of the world; walking allows for greater range of exploration, and finally we become agile and quick enough to run into the front yard and show off our nakedness.

As adults we often unknowingly constrain ourselves to a very small world – seeing the same things, from the same perspectives... not that much different from life in the playpen. You may be thinking, "I have a car, and go anywhere I want to!" Yes you can – enclosed, with the heater or air conditioner

on, looking at the world on either side of the road, at the same eye level all the time. But you have no idea what's beyond the guardrails or down narrow footpaths.

Try expanding your perspective by walking. Stop, let curiosity be your guide, and walk down a trail or to the top of a hill and see

thoughts – you just might find a solution to that problem that's been nagging you. You'll feel a bit stronger and more confident physically as well as mentally, knowing you can remove your boundaries and broaden your view simply by walking.



what's there. It may be a beautiful lake or a junkyard of rusting cars – it doesn't matter. What matters is letting your feet and curiosity lead you to a new discovery of your world. While you're at it, stretch your mind to see all the details, stretch your body to go a good comfortable way, and stretch your breathing to take in lots of fresh air. The rush of exhilaration also leads to new

*"More than 40 million Americans walk for pleasure ... a healthful activity and rewarding physically, esthetically, and spiritually."*

*– Cecil Heacox*